



# TED ALIĞA KOLEJİ

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**ACTIVITY NAME:** I Feel... You Feel...

**APPLICATION DATE:** September 2021– June 2022

## **ABOUT THE PROJECT:**

Emotional education and all the growing debate around it, makes evident how important it is for the harmonious development of the child. We are increasingly faced with behavioral problems arising from the difficulty that students have in resolving conflicts in the most diverse situations.

Students need to develop social-emotional skills to succeed in school, in their profession, and in their personal lives. To this end, the school must promote a school environment that supports the student, in order to respond to their concerns and enable them to deal with their emotions. In addition to providing reflection activities, where students can think about different issues and understand their behavior, their emotions, they should promote and work with different strategies: games, reading stories, writing, meditation and relaxation practices, in which self-knowledge, self-perception, emotional regulation and empathy are worked on and experienced.

## **AIMS:**

Know the basic emotions;

Develop the ability to represent and distinguish emotions;

Develop the ability to recognize your own feelings, understand those of others and know how to deal with them;

Improve interpersonal relationships in general;

Decrease levels of anxiety and stress in class;

Develop more empathy for others;

Improve emotional control and balance;

Provide a school environment that supports the student in developing their own ability to deal with emotions.

## **WORKING PROCESS:**

We will explore the different emotions, two each month.

We propose to implement "TIME FOR EMOTIONS", which will be weekly and its duration is the responsibility of the teachers. During this time activities will be carried out that facilitate the understanding of emotions and how to express them .

We propose the creation of a space in the classroom, where materials to support the understanding, expression and control of emotions are available, for students to use whenever they need.

Joint and collaborative work will be carried out.

## **EXPECTED RESULTS**

Students who recognize and express their emotions;

Book with proposals for games and activities to help children in the expression and regulation of their emotions (activities performed in the "time of emotions" for joy, sadness, anger, calm, fear and love);



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A space/area in each classroom, with materials capable of responding to the students' emotional needs (video with each area and materials).

### **PARTNERS OF THE PROJECT:**

- Turkey
- Poland
- Portugal
- Lithuania
- Croatia
- Romania

**Age Range:** 6-9 years